



Defining Your Vision

Self Image

Who do I want to be when it comes to health, fitness, and wellness? What does it look like?

Behaviors

What 3 behaviors do I want to improve upon?

Outcomes

When I make the changes needed to improve my life, how will my life be different?

Motivators

Why does this matter to me? Why do I want to change these behaviors?

Time

Having a vision is a wonderful way to help stay on track when you are incurring change. Change is a process and can/will occur in small or large increments the more aware you become. If you had a time frame, let's say 3 months, 6 months, 1 year, 2 years, 5 years how long would this process be for you and why?